

NUTRITION STANDARDS
Averaged over the School Week
For all of the School Meals Initiative Menu Planning Options
(except the Traditional Meal Pattern)

SCHOOL LUNCH PROGRAM				
Minimum Requirements for Nutrient and Calorie Levels				
Category	Minimum Requirements			Optional
Nutrients and Energy Allowances	Preschool	Grades K-6	Grades 7-12	Grades K-3
Energy Allowance (Calories)	517	664	825	633
Total Fat (as a percentage of total calories)	*	*	*	*
Saturated Fat (as a percentage of total calories)	**	**	**	**
Protein (g)	7	10	16	9
Calcium (mg)	267	286	400	267
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	150	224	300	200
Vitamin C (mg)	14	15	18	15

SCHOOL BREAKFAST PROGRAM			
Minimum Requirements for Nutrient and Calorie Levels			
Category	Minimum Requirements		Optional
Nutrients and Energy Allowances	Preschool	Grades K -12	Grades 7-12
Energy Allowance (Calories)	388	554	618
Total Fat (as a percentage of total calories)	*	*	*
Total Saturated Fat (as a percentage of total calories)	**	**	**
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14

* Not to exceed 30 percent over a school week.

** Less than 10 percent over a school week.